



WALK MORE IN FOUR 2015

It's cool to walk and bike safely to school! And if you do it at least three times each week in September, you'll be eligible to win a bike or scooter and helmet.*

Here's how:

- 1 Walk or bike to school at least three times each week from Aug. 31 – Sept. 25. (If you live too far away, you can practice safe walking and riding in your neighborhood for credit.)
- 2 Mark your progress each week using this chart, online at udot.utah.gov/WalkMoreInFour, or record it automatically by using the Walking School Bus App.
- 3 Charts and submissions must be received by **Sept. 30** to be eligible for prizes.

* Participation open to Utah K-8 students.



Record your Progress Here

MARK EACH DAY YOU WALK OR BIKE TO SCHOOL

WEEK 1				
MON. AUG. 31	TUE. SEPT. 1	WED. SEPT. 2	THU. SEPT. 3	FRI. SEPT. 4
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 2				
MON. SEPT. 7	TUE. SEPT. 8	WED. SEPT. 9	THU. SEPT. 10	FRI. SEPT. 11
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 3				
MON. SEPT. 14	TUE. SEPT. 15	WED. SEPT. 16	THU. SEPT. 17	FRI. SEPT. 18
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 4				
MON. SEPT. 21	TUE. SEPT. 22	WED. SEPT. 23	THU. SEPT. 24	FRI. SEPT. 25
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How often did you walk/bike to school each week last year?
☐ Never ☐ 1-2 days/wk. ☐ 3-4 days/wk. ☐ Every day

Student Name (please print) _____ Grade _____

School Name _____

School District _____ City _____

Contact Phone Number _____

Parent Name & Email _____